



Call Me Today! 905-733-8996  
www.pennylanesold.com  
Office: 905-892-0222

# PelhamNEWS

Published by Sun Media Publishing Inc. • Issue No. 8 Volume 36

ROYAL LePAGE

Niagara Real Estate Centre Inc. Brokerage  
INDEPENDENTLY OWNED & OPERATED

what's new  
**House  
WORTH**

GO TO  
www.calljanet.ca  
CALL 905-892-0222

1815 Merrittville Hwy. • Fonthill



JANET  
Nieuwesteeg  
REAL ESTATE REPRESENTATIVE

■ **FASHION SHOW:** Cyclone Catwalk 2012 allowed students to think outside the box

## Crossley students strike a pose

EDDIE CHAU  
PelhamNEWS Staff

PELHAM — It's not a dress that Shaleen Messina can easily wear everyday.

With her make up on and her hair done up, the next step for the E.L. Crossley student was to put on her dress, "Nature's Way" before heading down the catwalk in front of a sea of flashbulbs and onlookers. Featuring a tree bark belt, a pinecone neckline and tree branch wings, Messina needed a little help from fellow student Eden Anderson to put her creation.

see **FASHION SHOW** | page 2



E.L. Crossley student Angela Elgie strikes a pose while wearing a dress made of bubble wrap.

EDDIE CHAU Staff Photo

### SNOW REMOVAL



✓ Residential & Commercial  
✓ Affordable and Reliable Service  
✓ We use Snow Blowers, Shovels & Plows  
**PERSONAL TOUCH**

HOME IMPROVEMENTS -  
Call Today 905-892-6177 or pth@pth.ca



## DEBBIE PINE

Sales Representative

www.pinesold.com

ROYAL LePAGE

Niagara Real Estate Centre, Brokerage  
Independently Owned & Operated

#1 Producer for Royal LePage Fonthill, 2010 • Diamond Award Winner 2010

• Award of Excellence 2010 • #5 Individual Producer for Royal LePage Niagara, 2010

Office: 905-892-0222 • Sell: 905-321-2261 • debbiepine@royallepage.ca

# upfront

## ■ FASHION SHOW



EDDIE CHAU Staff Photo

Allison Forrest and Marissa Peacock pose in dresses made of newspapers and magazine pages during the "Newsflash" segment of the Cyclone Catwalk fashion show Thursday.

## Cyclones strut their stuff on the catwalk

FROM PAGE 1

"Nature is beautiful," said Messina of her dress. "There is a forest around my house and I'm always inspired by my surroundings. I wanted to show that you don't have to tear things down. There's natural beauty around us."

So as the lights dimmed and the dance music pumped from the speakers, Messina took a deep breath and walked out to strut her stuff. With the spotlight on her, Messina showcased the beauty of herself and her creation.

The students of E.L. Crossley's fashion and creative expressions class were supermodels Thursday night as they struck their best poses to the adoration of the crowd of about 100 people at the Crossley Catwalk 2012 event. The fashion show, directed by teacher Sherry Wilkinson-Hughes, taught students to think outside the box when it comes to their fashion creations.

Models walked down the catwalk wearing clothing fashioned out of various materials including car parts, hamburger wrappers, newspapers and even bubble wrap.

Along with the fashion

**I wanted to show that you don't have to tear things down. There's natural beauty around us."**

Sheleen Messina, E.L. Crossley student

show itself, students such as Joel Stodart and Hayley Skoa showcased their vocal abilities showcasing a variety of artistic talents.

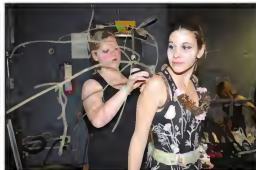
Mitch Wood served as the assistant director of the show. Throughout the day Wood admitted he was nervous about how the show would turn out but was glad with the

result.

"This is my first time being an assistant director," Wood said. "I wanted things a certain way. The most stressful part has been getting timing down. We've been constantly tweaking everything."

[echau@wellandtribune.ca](mailto:echau@wellandtribune.ca)

Twitter: @EdChauTribune



EDDIE CHAU Staff Photo

Sheleen Messina gets her wings adjusted by Eden Anderson before heading out on the catwalk for E.L. Crossley's Cyclone Catwalk fashion show Thursday.

**Lampman  
Funeral Home**

**724 CANBORO ROAD  
FENWICK (905) 892-4701**

**Our Family Serving Your Family  
For 100 Years**  
since 1911



Irvine Mjir



Terry Mikolasek



Wheelchair  
Accessible

## tempo

## ■ TRADES: Teens showcase knowledge

## The skill of it all

VICTORIA GRAY  
PelhamNEWS Staff

WELLAND — Challenge students to greatness and they will act.

District School Board of Niagara held its automotive, television and video, and small engine repair skills competitions Thursday at Seaway Mall.

The event is part a month-long competition that boasts 25 categories that also include plumbing and hair design.

"It's a big deal for students, it's a real feather in their cap (as medalists) to represent their schools," said district skills challenge co-ordinator Mike Doyle.

"It's a testament to their commitment for employers and gives them post-secondary opportunities," he said.

The top three competitors in all three categories were picked Thursday afternoon, but their medal position will be announced April 4 at an awards banquet. Students who are chosen will proceed to the provincial skills competition in Waterloo later this year.

The television and film competition returned to the mall after a four-year hiatus. Competitors had only six hours to create shot lists and storyboards, film, edit and produce a two-minute promotional video about the skills competition and participate in a job interview.

Chris Putnam, co-ordinator of the television and video challenge said it's a great way to teach students time management.

"It's a big chance for them to shoot something in the

real world, and say they get into broadcasting — they get a taste of what it's like having a time constraint," he said.

Zack Smith, 16, from Eastdale Secondary School, competed in the automotive challenge to help him figure out if he really wants to be a mechanic.

"I've been seriously looking into it for two years. I just want to spend this year learning and it's been worth it," he said.

Students in the automotive challenge had to work with brake lines, brakes, engines, vehicle computer controls and vehicle electric components, and take a written test then be subjected to a job interview with Job Gym.

Eric Rioux, co-ordinator of the automotive challenge, said he loves the friendly

competition because students get to meet others in the district with similar interests they wouldn't have otherwise got to know.

"It also gives them exposure. We have teachers, apprentices, mechanics and they get peer help. They can decide where they want to go with this because there is a need, that's for sure," he said of skilled trades.

Small engine competitors had to work with two- and four-stroke engines. This is the first year two-stroke engines have been part of the competition.

Students were asked to take apart the engines, measure some internal parts and put them back together. They also had to complete a written test and job interview.

Gerald Etten, co-ordinator of the small engine competi-



EDDIE CHAU Staff Photo  
Sarah Diltz, a Grade 11 student at Port Colborne High School, rebuilds a four-stroke engine Thursday during District School Board of Niagara's skills challenge.

tion, said the event gives students skills they can apply in the real world.

"This gives them hands-on skills. Most people have lawn mowers and other small engines they may need to fix and once you figure out one engine you can apply that knowledge to bigger engines," he said.

Sarah Diltz, 16, from Port Colborne High School, the only girl in the small engine competition, said she can't imagine doing anything else. "I don't like being in a classroom. I like to move around the shop and use my hands and it's nice to show up the boys once in a while," she said.

## ■ REGION OF NIAGARA: Burroughs to speak to business community in Thorold

## Chair to give State of Region address

EDDIE CHAU  
PelhamNEWS Staff

PELHAM — Regional Chair Gary Burroughs will likely have a lot on his mind when he gives his State of the Region address in two weeks.

Burroughs will be giving his annual address to the business community at John-Michael's Banquet and Conference Centre on Feb. 29. The former Niagara-on-the-Lake mayor and regional councillor will discuss the achievements and plans for the future of the region.

Pelham mayor Dave Augustyn said Burroughs won't likely focus too much

on the plans for individual municipalities such as Pelham, but the region has helped in projects that benefit the town.

For instance the region's construction work on Hwy. 20 in Fonthill is winding down.

"We're in our last stages of construction," Augustyn said. "Water and wastewater treatment work in Welland will also benefit Pelham too. It helps prepare for growth in



Augustyn

Pelham."

Augustyn suspects Burroughs will touch base on a number of subjects including moving water and wastewater to one service utility, the 1812 bicentennial celebrations and the change in governance at municipal levels.

The State of the Region address will take place between 11:45 a.m. and 1:30 p.m. It is presented by PenFinancial Credit Union and the region's respective chambers of commerce.

John-Michael's is located at 1368 Uppers Rd. For more information on the event call 905-864-2361.

## ■ PELHAM ART FESTIVAL

VICTORIA GRAY  
PelhamNEWS Staff

PELHAM — Spring's coming early this year and if you find your home in need of a splash of colour to match the season the Pelham Art Festival might be just the ticket.

"I just love art," Jane Young, the advertising coordinator for festival said. "I love to go and see what everybody's doing just because I love art, and to take my mother or my daughter." The Pelham Art Festival on Mother's Day weekend — May 11 to 13 at the Pelham Area Features more than 65 Canadian artists

who craft a variety of pieces in a wide price range, so there is something for everybody's budget.

"I've been very impressed by the quality it is juried work," she said.

The works in the arena have been inspected by the organizers of the festival and recognized artists to ensure the quality of work.

All of the funds raised from the festival go toward the Pelham Library and Fonthill Library to help the library and help fund arts programs.

Also to thank and encourage their continued support for the arts in Pelham and

the greater community.

"This year we wanted to stress involvement of the library," Young said. "But as always it's a great place to take your mother on her special day."

The festival opens every year with a social evening with dinner, a wine tasting, and first dibs on the new up and coming artists who have not been announced.

There are also door prizes, valued at more than \$400 donated by artists like, Joe Speck, who donated a blown glass plate.

Artists and buyers come from all over Ontario to participate in the annual show.

**Queensbury Securities Inc.**  
Gallant Financial Services



**"Superior Service and Advice You Can Trust"**

Stocks • Bonds • Mutual Funds • Insurance

Larry J. Gallant, Financial Advisor  
1450 Pelham St. Unit 4  
Fonthill, ON L8S 1E9  
Office: 905-882-2100 Cell: 905-850-4617  
larry.gallant@queensbury.com

# comment

## A look at the Old Age Security System

Published by Pelham NEWS

Sun Media Corp.

228 East Main St., Welland, ON L0S 1E0  
Tel: 905-732-2414 ext.246 Fax: 905-732-3660

e-mail: pelhamnews@wellandtribune.ca  
advertising: tricom@wellandtribune.ca

Ken Koyama

RUBENRIL, GOSDIL, WAINES

Wayne Campbell, editor

**SUN MEDIA**  
A Quaker Media Company

### perspective

## Drummond needed by Grits to state obvious

A fresh set of eyes can be a great way to noodle a tough problem.

That's about the best spin that can be put on the Ontario Liberal government's decision to pay former back economist Don Drummond \$1 million to come up with ideas to whip the deficit-plagued province's books into shape.

More realistically, the Liberals need an outside full guy to recommend shock treatment, so that voters will swallow any less-bitter-medicine the Grits dish out.

Either way, Drummond's jaw-dropping report tabled last week, packed with 362 measures to slash Ontario's \$16 billion budget deficit over six years, shows just how badly the government has abdicated its responsibility to taxpayers to mind the books.

Did we really need someone to tell us that half the escaped Grade 13-a generation age teenagers should be lying low through a costly fifth-year "victory lap" in high school? Who knew it makes no financial sense to have highly paid doctors and police officers doing grunt work that lesser-paid workers — nurses, even private security guards — can easily do?

Oh, and couldn't the government have figured out that its election vow to give many colleges and university students a 30% tuition cut, worth nearly \$500 million a year, wouldn't add up when it can't even afford the \$1.5 billion it's spending on a new full-day kindergarten system?

Delon McCortney's Liberals didn't cause the recession that pulled their books under water, but they weighted the plunge by piling on more than \$40 billion in new spending over the last five years.

Like the Liberals, other governments have faced the deficit wall.

Unlike the Liberals, they acted swiftly — the New Democrats in the early 1990s, with their wage rollbacks for one million public workers. The Conservatives in the early 1990s, with their concussive bombing of public spending that spared few.

No one's saying those approaches are the best ones for Ontario today, but neither of them would have been so inept to tell them how to do what voters elected them to do.

— Greg Van Moosel

In talking with many of the seniors living in Niagara West-Glanbrook, many have been asking one question recently — with the possibility of changes to the Old Age Security, will my cheque stay the same? In addition, many Canadians who are close to retirement have also been asking whether Old Age Security will be there for them when they reach 65.

The answer to both questions is a resounding yes.

Contrary to the fear mongering by the opposition parties, our Government is committed to protecting the retirement income for today's seniors, and for all future generations of retirees.

Canadians receive retirement



Dean Allison  
FROM THE HILL

income from a variety of sources, including the Canada Pension Plan and Old Age Security. The Canada Pension Plan is funded by premiums from our paycheques and for today's seniors, and for all future generations of retirees.

Here are a few facts given the

changing demographics in Canada:

Currently there are 4.7 million Canadians over the age of 65 and by 2030 there will be 9.3 million. This means that Canada will have twice as many retirees supported by half as many working Canadians.

In 1975 there were seven working taxpayers for every senior. Today, there are only four working-age Canadians for each senior. By 2030, the total number of seniors will nearly double, leaving only two working-age Canadians for each senior.

Consequently, the cost of the Old Age Security program will increase from \$36 billion per year in 2010 to \$106 billion per year in 2030.

If changes are not made, it will become unsustainable in the long-

term. As hard as these decisions are, failure to make them now will put the program in jeopardy for future generations.

I can guarantee you that any changes to Old Age Security will not impact anyone currently receiving benefits, nor will they affect any individual now nearing retirement. Other Canadians, who are not near retirement, will receive substantial notice of changes to Old Age Security, to ensure they have ample time to plan for the future should changes to the program be made.

Our Government will take the needed action to ensure financial stability for future generations of seniors and give them confidence that Old Age Security will be sustainable and available to them in their retirement. We will implement any changes fairly, allowing lots of notice and time to adjust.

Our aging population clearly demonstrates the need to make these decisions to ensure that social programs remain sustainable for the long-term. We will always take a fair, balanced and responsible approach to make sure that Canada's OAS program remains sustainable so that all Canadians will have retirement benefits, now and in the future.

## Benjamin Moore

• Let us Paint for You • FREE Estimates

### Fonthill Paint & Decorating

For all of your Decorating Needs

Residential and Commercial Painting Services

96 Hwy 20, Fonthill (beside Sobays) 905-892-9977 • e-mail [paintanddecorating@cgco.net](mailto:paintanddecorating@cgco.net)

## Looking back in history 50 years

"We're doomed!" exclaimed the drunken Australian scientist played by Fred Astaire in Stanley Kramer's Cold War epic *On the Beach*.

Fifty years ago, our civilization came very close to that story ending where the entire planet was contaminated with radiation from atomic warfare.

Nikita Khrushchev misread the young John Kennedy as inexperienced and decided to place his as president and decided to place missiles on the island of Cuba. This led to what became known as the Cuban Missile Crisis. The U.S. retaliated with an arms embargo and blockade of this island nation.

Fortunately, this face to face showdown ended when the Soviets backed and removed the missiles. Little did our prime minister, John



Terry Hughes  
OUR HERITAGE

Diefenbaker, knew that although he did not support Kennedy's actions, the minister of defence placed our military on red alert.

Our image of John Kennedy indicates the interest and enthusiasm people felt in many countries around the world enhanced by the media for him. He challenged the Russians to a race to the moon and test ban treaties using the news media for these important announcements.

The sudden death of Marilyn Monroe was handled by the media in such a way as to not link the White House with this incident, showing

the respect the media had for his privacy.

Interesting incidents in space and music occurred in 1962. *Testar*, a communication satellite, permitted worldwide communication. For the first time while Canada became the third nation to have a satellite launched into space called *Alouette 1*. The Soviet Union continued to send cosmonauts into space, the United States finally placed an astronaut, John Glenn, into three orbits of Earth. The New Jersey group called the Four Seasons continued to tour, his such as *Johnny & Big Girls Don't Cry* while an unknown British rock band from Liverpool called *The Beatles* recorded their first hit song *Love Me Do*. Elvis charged his way up the charts with *Good Luck Charm*, while Ricky Nelson was nipping at his heels with minor hits such as *Teen Age Idol* and *It's Up To*

You.

In Canada, the economic downturn and defence issues continued to plague Diefenbaker. Our devalued dollar became known as the "Diefenbaker dollar" and we was not comfortable with atomic warheads on the Bomarc missiles slated to be based here. Liberal Leader Lester Pearson had indicated a complete turnaround from his predecessor Louis St. Laurent in military matters. He favoured not replacing our subsonic fighters for NORAD missions and let the Americans take on that role.

Both would campaign to improve the job situation for Canadians for the coming election.

Ontario would begin to feel the effects of the Roberts plan in education.

see HUGHES | page 9

**PUPU'S** Corner of Maple Ave. and Prince Charles Drive

CUT FROM CANADA AA AND AAA BEEF  
**EXTRA LEAN GROUND BEEF**  
SAVE \$2.00 **2<sup>99</sup>** lb.

CUT FROM CANADA AAA BEEF  
**BONELESS BEEF STEW**  
SAVE \$1.00 **3<sup>99</sup>** lb.

SPECIALS in effect Friday Feb. 24th to closing Thursday March 1st, 2012 • OPEN SAT. 8-6, SUN. 10-5, MON., TUES., WED. 9-6, THURS. & FRI. 9-9

**FRESH WHOLE CHICKEN BREASTS**  
NO BACK ATTACHED

**1/2 PRICE**

**1<sup>99</sup>** lb.

LIMIT 3 Pkg

CUT FROM CANADA AAA BEEF  
**BONELESS SIRLOIN TIP ROASTS**

SAVE \$2.00 LB.

**3<sup>99</sup>** lb.

CUT FROM ONTARIO AA AND AAA BEEF, NORWICH PACKERS CORN FED BEEF  
**BONELESS**

**NEW YORK STRIP STEAKS**

**1/2 PRICE** **6<sup>99</sup>** lb.

**DELI Specials**

Peller's **BLACK FOREST HAM** **4<sup>99</sup>** lb.  
May Family Farms **COOKED or SMOKED CHICKEN BREAST** **4<sup>99</sup>** lb.  
Salmon Deluxe **MOZZARELLA CHEESE** **4<sup>99</sup>** lb.

**PUPU'S BAKERY**

FRESH BAKED

**APPLE CRISP**

680 g **3<sup>99</sup>** SAVE \$1.00

CUT FROM CANADA AAA BEEF, **BONELESS**

**SIRLOIN TIP or INSIDE ROUND STEAKS**

**1/2 PRICE** **3<sup>99</sup>** lb. SAVE \$2.00 LB.

**JANES PUB STYLE CHICKEN STRIPS**

835g Box

**1/2 PRICE** **5<sup>99</sup>**

3 Box Limit

**ROYALE BATHROOM TISSUE**

Pkg of 12 Double Rolls

**1/2 PRICE** **4<sup>99</sup>**

2 Pkg Limit

**ROBIN HOOD FLOUR**

10 kg bag

**1/2 PRICE** **9<sup>99</sup>**

2 Bag Limit

**WONDER CLASSIC WHITE BREAD**

675g loaf

**1<sup>99</sup>**

**HEINZ BEANS**

14 oz can

**\$1**

**ROYALE FACIAL TISSUE**

Box of 88 or 132

**\$1**

**MAJESTA PAPER TOWEL**

8 roll pkg.

**3<sup>99</sup>**

**EXTRA FANCY ONTARIO RED DELICIOUS or MUTSU APPLES**

**99¢** lb.

**NO. 1 GRADE CALIFORNIA ICEBERG or LEAF LETTUCE**

**\$1** Each

**NO. 1 GRADE ONTARIO ENGLISH CUCUMBERS**

**\$1** each

**CALIFORNIA SUNKIST SEEDLESS ORANGES**

**2<sup>99</sup>** Dozen

**NO. 1 GRADE CALIFORNIA "ANDY BOY" BROCCOLI**

**\$1** Each

**NO. 1 GRADE CALIFORNIA BRUSSEL SPROUTS**

**1<sup>69</sup>** lb.





tribune@wellandtribune.ca

**HERE'S our CARD**

**J&S**

**AUTO • TRUCK • INDUSTRIAL REPAIRS**

JEFF PIETZ

Telephone • 905-892-4271 278 Canboro Road West  
Ridgeville, Ont. L0S 1M0

**CCR**

**Gaitron Concrete & Restoration Limited**

- Water Stoppage Inside or Outside Repair
- Parging
- Concrete Repair & New Concrete

5933 Swayze Dr. Phone: 905-374-9087  
Niagara Falls, Ontario Cell: 905-328-1463

*"Experts in Concrete Problems"*  
See Our Ad in the Yellow Pages

**Having Electrical Problems?**  
Get reliable professional service at a reasonable price

**No Job Is Too Small!**  
Commercial • Industrial Residential

- Service panel upgrades • New wiring-rewiring
- Energy Efficient upgrades • Troubleshooting & Repairs

**ACE Electrical**

Alex Boyer MASTER ELECTRICIAN: alexboyer@icogoo.ca EGR#7003130  
905-892-4988  
www.aceelectrical.com



**DAVID**

1981 CHEVROLET BLAZER GMC

WELLAND

**Like Never Before!**

915 Niagara Street, Welland, ON  
ph. 905-735-3690 • www.davidchev.com  
leads@davidchev.com

■ **MUSIC:** Conductor Bradley Thachuk sees plenty of untapped potential

# Symphony hopes to strike chord with new audiences

MARYANNE FIRTH  
PelhamNEWS Staff

WELLAND — Bradley Thachuk wants the region to embrace Niagara Symphony. The orchestra's music director and principal conductor has big plans for the group, which he shared with Rotary Club of Welland on Tuesday.

Thachuk, who officially took the helm last August, said he's never come across

an orchestra with "so much untapped potential."

Over the past few years, the orchestra was "largely neglected," though he believes not intentionally, and its full potential never explored.

While it is a regional orchestra, Niagara Symphony's performances take place mainly in St. Catharines — a trend Thachuk would like to change. He wants to see

the group expand to reach different areas and demographics across the region.

Orchestras often talk about finding new generations of audiences, but Thachuk believes there's still an large untapped market in Niagara's existing population.

Only about 15% of the general public likes classical music, he said, and the symphony plans to branch out to reach that other 85%.

"You can always find ways to bring orchestra to the masses," said Thachuk, who has conducted on tour with Australian rock group Air Supply and often tours with Dancing with the Stars for live shows.

To draw in a new audience, Niagara Symphony has most recently worked with musician Rik Emmett, of Canadian rock band Triumph, as well as with Bon Jovi and Bruce Springsteen tribute bands.

To bring classical music to the attention of youths, the group plans to soon create a family concert series that will include music from the Magical World of Disney and feature large screens that showcase various Disney film clips.

"We want kids to have fun at the orchestra," said Thachuk, confident a positive experience will have children returning time and time again.

*We'll give you something to SMILE about!*

- Full & Partial Dentures • Emergencies & House Calls
- Free Consultation • Upper & Lower Dentures
- Same Day Repair & Retire Service Available

**Norbert Gieger** 1000 W. Beaver Creek Rd.  
905.835.2155

**Exhibitors WANTED**

17th Annual **PELHAM HOME SHOW**

April 20, 21 & 22nd, 2012

PRESENTED BY THE Fonthill & District Kinsmen

It's the BEST Home show value in Southern Ontario!  
**HURRY!!! Booths are going FAST!**

FOR INFORMATION CALL: 905.346.8288 OR  
Download Application at: [fonthillkinsmen.ca](http://fonthillkinsmen.ca)

Do you know someone who would like to receive the Pelham NEWS by mail?

The Pelham NEWS  
Now Available by Mail  
**EVERY WEEK!**

Subscribe for:  
\$25.00 for 6 months  
\$49.00 for 1 year

**These are the awards that we are proud of and you the consumer need to know about!**

For 2012 The Following Chevrolet, Buick and GMC models Should be on the top of your shopping list for safety, dependability & style!

**IIHS 2012 Top Safety Picks**

Chevrolet	Buick	GMC
Volt Malibu Equinox Traverse Sonic	Vernice Regal Encore Enclave	Terrain Acadia
<b>TOP PICKS</b>		

**Overall 5-Star Vehicle Safety Ratings "By NHTSA"**

Chevrolet	Buick	GMC
Cruze Volt Equinox Traverse Sonic	Lacrosse Encore	Acadia
<b>5 STAR</b>		

**"Best Buy Vehicles" From Consumer Digest**

Chevrolet	Buick	GMC
Cruze Malibu Equinox Traverse Camaro Corvette	Lacrosse Encore	Terrain Acadia
<b>BEST BUYS</b>		

\*With OPT pieces of mind pkg. \*excludes Camaro Convertible \*Excludes ZR1 models

**105.1 Ed FM**  
105.1 Ed FM  
105.1 Ed FM

Tune in every Thursday Morning  
at 8:10 for **Commissos's Fresh Ideas**  
on 105.1 Ed FM

**SAT & SUN 8AM - 9PM**  
**MON TO FRI 7AM - 9PM**

# COMMISSO'S FRESH FOODS

*Your Healthy Fresh Experience is Here!*



**Red, Yellow  
& Orange  
Peppers**  
Product of Mexico

**.99** /lb  
2.18/kg

Source of Beta-Carotene



High in Vitamin C & E

Prices effective Friday February 24 through Thursday March 1, 2012

[CommissosFreshFoods.com](http://CommissosFreshFoods.com)



LESS  
THAN  
**1/2**  
PRICE!

**Fresh  
Lean & Meaty  
Pork Side Ribs**  
Family Pack

**169** /lb  
3.73/kg



**Fresh Store Ground  
Extra Lean  
Beef Chuck or  
Combo Pack**  
Beef, Veal, Pork

**299** /lb  
6.59/kg



**Ontario Grown  
White Potatoes**  
Product of Ontario  
No. 1 Grade



**169**  
10lb bag



**California  
Clementines**  
Product of USA

**299**  
3lb bag



**Yoplait  
Source Yogurt**  
Assorted Varieties

**.99** 4x100g



**Blue Diamond  
Almond Breeze**  
Assorted Varieties

**3/\$5**  
946ml



**Stahlbush  
Frozen  
Vegetables**  
Assorted Varieties

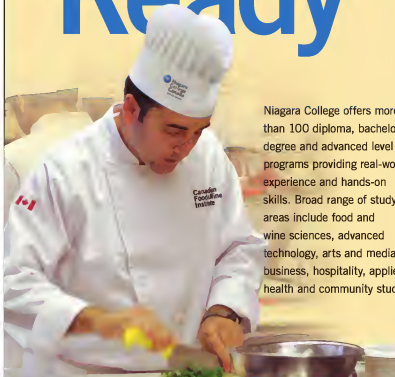
**3/\$5**  
300-350g

**Look for our Flyer Every Thursday in your Daily Paper or Flyer Package  
or visit us online at [www.CommissosFreshFoods.com](http://www.CommissosFreshFoods.com)**

6161 Thorold Stone Rd., Niagara Falls • **STORE HOURS:** Sat & Sun 8am to 8pm • Mon to Fri 7am to 9pm

# Be Work Ready

**nc** Niagara College Canada  
APPLIED DREAMS.



Niagara College offers more than 100 diploma, bachelor degree and advanced level programs providing real-world experience and hands-on skills. Broad range of study areas include food and wine sciences, advanced technology, arts and media, business, hospitality, applied health and community studies.

Apply now for  
September 2012

NiagaraCollege.ca

**nc** Niagara College Canada  
APPLIED DREAMS.



Applications received after February 1st will be considered on a first come first served basis

## ■ CHAMBER OF COMMERCE: Designer Delights dishing out desserts



MARYANNE FIRTH Staff Photo

Designer Delights owners Chelsey Cook and Jenna Young are sponsoring the Welland-Pelham Chamber of Commerce 15th annual auction and dinner on April 20 with donations of cupcake candelabra centerpieces that will double as dessert for the evening. Cook, left, and chamber executive director Dolores Fabiano are pictured with one of the delicious designs.

## BRACES FOR ALL AGES!



OUR TEAM HAS THE EXPERIENCE TO PROVIDE PERSONALIZED SERVICE WITH QUALITY ORTHODONTIC RESULTS.

- No Dental Referral Necessary
- Complimentary Initial Examination
- Flexible Payment Plans
- Colourful Braces, Clear Braces
- Hidden Braces (Behind Teeth)
- Invisalign Preferred Provider

**Dr. Michael Kamatovic**  
Certified Orthodontic Specialist  
5400 Portage Rd., 2nd Floor  
(Across From G.N.G.H.)  
Niagara Falls, ON L2G 6K7  
(905) 356-7919  
(800) 267-7654

Learn the benefits of an orthodontic specialist at  
[www.kamatovicortho.com](http://www.kamatovicortho.com)











**Tabasum Akseer**

BA, Political Science.  
Master of Education.  
Humanitarian, musician, painter.  
Goals: Educate children. Enlighten society.

## For both sides of the brain.

Thinking about university? Visit our campus during our **Open House, Sunday, March 4 from 12:30 p.m. to 4 p.m.** Find out for yourself, like Tabasum did, why enrolling at Brock will help you to discover both sides of your brain. Come and learn about more than 70 undergrad and 40 graduate programs we offer.

We want you to be part of the excitement. Go to [brocku.ca](http://brocku.ca) to register.

500 Glenridge Ave., St. Catharines, Ontario  
T 905 688 5550 x4293 E [lialison@brocku.ca](mailto:lialison@brocku.ca)



**Brock**  
University

### ■ CHAMBER OF COMMERCE: Marilee's given nod for cover



MARYANNE FIRTH Staff Photo

Along with being honoured with a trophy as Welland-Pelham Chamber of Commerce business of the year, Marilee's Bridal & Special Occasions, 1507 Pelham St. in Fonthill, is featured on the cover of the chamber's Business Book for 2012-13. Pictured is chamber executive director Dolores Fabiano with business owner Mary Marr.

*Port Colborne Operatic Society*  
BRINGING BROADWAY HOME 1945-2011

**ON SALE NOW**

**Tickets \$20 ea. (Credit/Debit)**  
**Showboat Box Office**  
Roselawn Centre  
296 Fielden Ave.  
Port Colborne  
**905-834-0833**  
**Toll Free 1-888-870-8181**  
Box Office hours:  
9:00 am to 3:30 pm Monday to Friday

**Performance Dates**

Sat. Feb. 25	7:30
Sun. Feb. 26	2:00
Fri. Mar. 2	7:30
Sat. Mar. 3	7:30
Sun. Mar. 4	2:00

All Performances At  
Lakeshore Catholic High School Auditorium  
Janet Street Port Colborne  
[portcolborneoperaticsociety.com](http://portcolborneoperaticsociety.com)



■ **WELLAND MUSEUM:** New Friends group established

# Adventure includes search for board members

EDDIE CHAU  
PelhamNEWS Staff

WELLAND — It was an adventurous trip through the Amazon at Welland Historical Museum.

It was there that the museum board heard about the adventures of Pelham writer and historian Adam Shoalts, who detailed his explorations of the Amazon jungle on one side of the world to the shores of Hudson Bay in northern Ontario.

"He took us on quite an adventure," said museum executive director Nora Reid.

"He explored a river that is known along the Hudson Bay but it's not heavily explored. We saw his adventures through his pictures. People really enjoyed it."

Shoalts, a contributor to *Canadian Geographic* magazine and the author of *Sense of Adventure*, was guest speaker at the museum's annual general meeting Wednesday night.

Along with Shoalts' presentation, the board discussed its search to fill a couple of vacancies after two board members resigned.

Reid said anyone with an interest in the preservation of history for Welland and Pelham are welcome to join the board. The museum is also looking for members for its new Friends of the Museum group, the organization's fundraising committee.

Applicants can contact the museum by phone at 905-732-2215 or e-mail wellandhistoricalmuseum@cogeco.net

dhistoricalmuseum@cogeco.net

JOE CSEH Tribune Photo

Explorer, writer and historian Adam Shoalts, right, of Fenwick discusses his adventures on Hudson Bay and the Amazon with John Mastroianni, Welland Historical Museum board chair, and Nora Reid, museum executive director, before his presentation to a full house at the museum.





## ZeelUBE

Our ultimate Customer Appreciation give-a-way will take place on May 04, 2012 your chance to win Sony 24" Bravia LCD TV/ Apple iPad 2 Wi-Fi 16GB and a Lagostina Cookware Set. Please be sure to leave your name in our ballot box.

- 10 minute oil change centre
- Not just oil, PENNZOIL - New Car Warranty Approved Service all domestic and most European luxury vehicles
- Automatic Touchless Drive Through and Self Serve CAR WASH
- Self Serve Doggie Wash - fully heated & air conditioned



*Business owners wishing to join our monthly fleet billing please call our office to inquire (OAC).*

**New to the 2012 YEAR**

~ we will now honour our senior citizens with ~

**"Senior Tuesdays"**

With every oil change service you will receive a **FREE Basic Automatic Car wash**

*"Items might not be exactly as shown in picture."*  
no purchase necessary

**Mon-Fri 8:30am - 5:30pm & Sat 8am-3pm**  
*Professional, Friendly Service*

**158 Hwy 20 West Fonthill • 905-892-5710**

Mazda/Cadillac, Visa and Honda Available. We also accept Fleet Account cards: All Canada/WHEELS International/GE Capital/US/999/955

# new YEAR new YOU

Experience the convenience of natural vision with Laser Blended Vision.



Throw away those reading glasses for good!

Call today for a **FREE** consultation!

BEFORE



**LASIK provision**

The way you want to see®

LASIK TECHNOLOGIES

**6800 Morrison Street, Niagara Falls**  
**Call 905.371.3217 or 1.888.510.2020**  
[www.lasikprovision.com](http://www.lasikprovision.com)

**DR. ANDREW TAYLOR, MD**  
has personally performed 100,000 procedures.






## Fonthill Fitness

Get your Pumping

## \$49.00/ Month

All Fitness Classes included \* Over 100 Classes to Choose From

www.fonthillfitness.com    February is Heart Month    905 892-4443



and PICK YOUR FAVOURITE

## WIN \$100\* CASH

PelhamNEWS

Reader's Choice

2012

Cast Your Vote!

Pick the Best in Pelham

## BEST PLACE FOR FOOD AND DRINK

Chinese Restaurant \_\_\_\_\_  
 Italian Restaurant \_\_\_\_\_  
 Fish & Chips \_\_\_\_\_  
 Fast Food Restaurant \_\_\_\_\_  
 Family Restaurant \_\_\_\_\_  
 Best Overall Restaurant \_\_\_\_\_  
 Restaurant with a View \_\_\_\_\_  
 Breakfast \_\_\_\_\_  
 Lunch \_\_\_\_\_  
 Outdoor Patio \_\_\_\_\_  
 Chicken Wings \_\_\_\_\_  
 Hamburger \_\_\_\_\_  
 Pizza \_\_\_\_\_  
 Sub \_\_\_\_\_

## BEST ENTERTAINMENT

Movie Rental \_\_\_\_\_  
 Bar \_\_\_\_\_  
 Golf Course \_\_\_\_\_  
 Automobile Sales Person \_\_\_\_\_  
 Insurance Agent \_\_\_\_\_  
 Financial Planner \_\_\_\_\_  
 Photographer \_\_\_\_\_  
 Hairstylist \_\_\_\_\_  
 Waitress/Waiter \_\_\_\_\_

## BEST SHOPPING

Men's Store \_\_\_\_\_  
 Women's Store \_\_\_\_\_  
 Shoe Store \_\_\_\_\_  
 Optical Store \_\_\_\_\_

## BEST SHOPPING CONTINUED ...

Grocery Store \_\_\_\_\_  
 Health Food Store \_\_\_\_\_  
 Frozen Food Store \_\_\_\_\_  
 Bakery \_\_\_\_\_  
 Convenience Store \_\_\_\_\_  
 Discount Store \_\_\_\_\_  
 Pharmacy \_\_\_\_\_  
 Pet Food Store/Supply \_\_\_\_\_  
 Sporting Goods \_\_\_\_\_  
 Florist \_\_\_\_\_  
 Office Supplies \_\_\_\_\_  
 Gift Shop \_\_\_\_\_  
 Furniture Store \_\_\_\_\_  
 Bedding \_\_\_\_\_  
 Appliances \_\_\_\_\_  
 Home Electronics \_\_\_\_\_  
 Home Cleaning Service \_\_\_\_\_  
 Gardening Centre \_\_\_\_\_  
 Hardware Store \_\_\_\_\_  
 Carpet/Flooring/Ceramic Tile \_\_\_\_\_  
 Water Company \_\_\_\_\_  
 Heating \_\_\_\_\_  
 Air Conditioning \_\_\_\_\_  
 Paint/Wallpaper \_\_\_\_\_  
 New Cars \_\_\_\_\_  
 Used Cars \_\_\_\_\_  
 Lube/Oil Change \_\_\_\_\_  
 Lumber Yard \_\_\_\_\_  
 Car Wash \_\_\_\_\_

## BEST SHOPPING CONTINUED ...

Body Shop \_\_\_\_\_  
 Muffler Shop \_\_\_\_\_  
 Auto Repair \_\_\_\_\_  
 Tires \_\_\_\_\_  
 Auto Parts \_\_\_\_\_

## BEST SERVICES

Bank/Trust Co./Credit Union \_\_\_\_\_  
 Beauty Salon \_\_\_\_\_  
 Carpet Cleaning \_\_\_\_\_  
 Catering Company \_\_\_\_\_  
 Dance School \_\_\_\_\_  
 Denturist \_\_\_\_\_  
 Dry Cleaner \_\_\_\_\_  
 Fitness Club \_\_\_\_\_  
 Gas Station \_\_\_\_\_  
 Insurance Brokerage \_\_\_\_\_  
 Investment Company \_\_\_\_\_  
 Landscape & Lawn Service \_\_\_\_\_  
 Locksmith \_\_\_\_\_  
 Martial Arts \_\_\_\_\_  
 Pet Grooming \_\_\_\_\_  
 Photo Finishing \_\_\_\_\_  
 Signage Company \_\_\_\_\_  
 Snow Removal Service \_\_\_\_\_  
 Travel Agency \_\_\_\_\_

## Contest Rules:

Only original newspaper ballots or hand-drawn foamies accepted. No mechanical reproductions allowed. Employees of the Tribune, and their immediate families are not eligible. Winners of the Grand Prize will be determined by a random draw from all entries received by 5 p.m., Friday March 23, 2012. Winners will be contacted by phone. You do not have to fully complete ballot to win.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

SEND ENTRIES TO:

**Pelham News, Readers Choice 2012**  
 228 EAST MAIN ST., WELAND, ON L3B 5P5  
 OR DROP IN MAIL SLOT

All readers who submit a Readers' Choice ballot will have their names entered into a draw and the lucky winner of this draw will receive \$100.00 cash.

Fill in your ballot for the Pelham's Readers Choice Awards.

Write the names of your favourite businesses on the line provided.

You can vote for as many different types of business as you wish in each of the categories. Those merchants and businesses who receive the most votes will win the prestigious Readers Choice Award. The winners will be announced in a special section of the Pelham News Thursday April 5, 2012. Watch for our promat! Your ballot is your entry to our cash prize! So fill it out and send it today! The deadline for submission is 5 p.m., Friday, March 23, 2012.

Limit: One ballot per reader.

Please note: All categories do not have to be fully completed.

\* Non Subscribers win \$50



# Visit your Local Merchants

When the  
electricity fails...  
How will  
you be  
**AFFECTED?**

Custom Designed  
Stand-by Power  
Installations to Suit  
Your Needs

**Cornell Feenstra Electric Ltd.**

All Types of Electrical Installation  
Pole Line Installation &  
Aerial Bucket Truck Service

**Call: 905-899-2373**

**Fax: 905-899-2383**



**TEMPERATURES ARE FALLING!**

CALL FOR A FREE ESTIMATE ON A  
FURNACE & AIR CONDITIONING PACKAGE

WE SERVICE  
ALL MAKES & MODELS

- MAINTENANCE
- FURNACES
- AIR
- CONDITIONING

Ask about  
Available  
rebates

**BOB REID**

Heating & Air Conditioning

Residential - Commercial

**905-892-7787**



Teresa D. L'Ecuier - Owner

## Efficient Tax Services

*Income Tax Specialists  
Small Business Accounting*

**New Year Round Office**

440 Niagara St., Unit 4, Scotiabank Plaza

**905-734-6065**

FAIRVIEW MALL 905-935-0495  
(SEASONAL)

*Efficient*  
**Tax**  
SERVICES



## BREW ON PREMISE

BREW & WINE SUPPLIES

*Ron Kazub*  
**BREW MASTER**



**FREE SET OF BOTTLES WITH  
YOUR FIRST ORDER**

**Phone: (905) 892-3133**

**Toll Free: 1-888-768-9463**

**Fax: 905-892-9919**

**wineofpelham@cogeco.net**

**www.winegarden.ca**

**Visit us at 191 Highway 20 East in  
Fonthill (at Rice Road)**

# NOMINATION FORM

"NOMINATION DEADLINE FRIDAY, MARCH 16, 2012 5:00 P.M."

Please provide a brief description of the nominee's contributions to their family and community as well as a brief description of the nominee's efforts in school. (You may attach your description if more space is required to a maximum of 1,000 words.)

Name of Nominee: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Age: ☐ 6-12 ☐ 13-18

Category: ☐ Cool to be Kind ☐ Against the Odds ☐ Personal Best

## NOMINATOR'S CHECKLIST

Before forwarding your nominations, please ensure you've completed the following steps:

### Have You

- ☐ Signed the nomination form?
- ☐ Completed all sections of the nomination form?
- ☐ Provided a brief description of the nominee's contributions?

Nominator Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Signature: \_\_\_\_\_

NOMINATOR'S DESCRIPTION: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**THE TRIBUNE**  
making a difference...daily

**The Search Is On...**  
Nominates a Great Kid Today!

COOL TO BE KIND  
PERSONAL BEST  
AGAINST THE ODDS



Mail or drop off completed nomination form to:

**THE TRIBUNE 228 East Main St. P.O. Box 278 Welland, ON L3B 5P5**

**Please note: Complete nomination form, letters of support and any other materials submitted will not be returned**

## Judging Criteria

Nominees must be a resident of Pelham, Part Callborne, Wainfleet or Welland. Their accomplishments must have occurred within the past year. There is a 1,000 word limit for all nominations. No additional material will be accepted. Judges will rate each nominee from 1-10 in the following:

- What has the nominee accomplished during the past year?
- How has this accomplishment impacted on themselves and/or others?
- Why did the nominee set out to do this?

24 Semi finalists will be honoured at the Great Kids Awards Gala on Sunday April 29th at Club Castropignana

**COOL TO BE KIND** Nominees will have performed a service or act of kindness, support or encouragement to a friend, family, neighbour or stranger with no personal gain for themselves. This could be an ongoing or one-time service to an individual, group or community.

**PERSONAL BEST** Nominees will have achieved a level of performance beyond what might have been expected. This could mean achieving a top performance overall or performance to the best of their ability. Achievements can be in any area including business,

academics, athletics, music, art, writing, drama, etc.

**AGAINST THE ODDS** Nominees will have shown great strength, ambition and dedication in overcoming a mental, physical, personal, economic or environmental challenge to achieve a goal.

Brought to you by

**THE TRIBUNE**  
making a difference...daily  
and the following sponsors:

**TITLE SPONSOR**



Your money Your way. Imagine that

**PLATINUM SPONSORS**



**TV COGECO**

## GOLD LEVEL SPONSORS



## SILVER LEVEL SPONSORS



## BRONZE LEVEL SPONSORS

**WELLAND TOYOTA**



## BRONZE LEVEL SPONSORS





# classifiedextra.ca

Canada's largest and most trusted print and online classifieds network



Place it on classifiedextra.ca

Phone: 1-866-541-6757  
Online: pelhamnews.classifiedextra.ca

Fax: 1-866-485-8461  
Email: placeit@classifiedextra.ca

**Merchandise**  
A280  
**Wanted to Buy**

**CALL NOW**  
TOP Dollar for GOLD, TV's, Stereo's, Laptops and DVD's. Best rates on Payday loans and check cashing. Borrow Money against your car. Cash Debt.  
226 King St. W. Welland  
905-738-3000

**HELLO GORGEOUS**  
Now that we have your attention... just think what we could do for your advertisement!  
CALL  
classifiedextra.ca  
1-866-541-6757

**Apartment Unfurnished**  
A610  
**BUNTING/WELLAND**  
64 ROEHAMPTON

**UTILITIES INCLUDED**  
1 Bed from \$850 2 Bed from \$980

Upgraded Finishes  
Newer Appliances  
Spacious Balconies  
**Timbercreek**  
ASSET MANAGEMENT  
www.timbercreekrentals.ca  
**(289) 273-1606**

**Open Houses A500**  
**SUNDAY OPEN HOUSE**  
96 WESTWOOD CRESCENT  
Feb. 19th & 26th,  
1 pm - 4 pm  
3 + bdrm side split, 2 full  
baths, fully updated.  
Above ground pool.  
Large sunny pie  
shaped back yard.  
Private Sale  
905-735-6447

**Apartment Unfurnished**  
A610  
**Must See**

1 & 2 BDRM mature  
living in Port Colborne.  
Call all enquiries, Tel: 905-333-8554  
Classified Extra  
1-866-541-6757  
1 & 2 Bedroom, Indigo,  
stone. Seniors wel-  
come! 26 Mill Street.  
Call: 905-732-5141

**Apartment Unfurnished**  
A610  
**Affordable Elegance**  
1 BDRM 5790 incl. Avel  
Mar. 1 Well maintained  
bldg in Welland. Close  
to all amenities  
(905)786-2972

**Must See!**  
1 BDRM, Division 3  
Welland, parking,  
905bms, FRS, Unit  
incl. tel./stair, No  
Pets/Smoking. Avel  
Mar. 1st, 905-788-4200

**Must See!**  
1 BDRM upper, 80  
Kingsway, Dan City,  
Canal view, lots of  
parking, fridge/stove.  
All bills paid. Avel.  
Mar. 1 905-734-1771  
905-401-8495

**General Employment**  
A600  
**HOT DEAL**  
FOR ALL THE HOT  
DEALS  
Check Out Classifieds  
You Never Know What  
You'll Find

2 BDRM, \$745 + h/w  
Quiet, clean building  
with mature tenants on  
Woodman Rd.  
905-380-2895

**General Employment**  
A800  
**NOW HIRING**  
**COOK**  
for ethnic cuisine restaurant.  
Min. 1 yr. exp of Indian/Pakistani  
dishes. F-T. \$11.00 - \$12.50  
Apply: shoas2012@gmail.com  
or Clifton Smoothies & Kabob  
House, 4867 Clifton Hill, Ste. A  
Niagara Falls L2G 3N5

**Apartment Unfurnished**  
A610  
**Unique**  
2 BDRM APT  
\$275 all inclusive  
Aval. Mar. 1st  
Lovely suites in mature  
building. Special am-  
enities, laundry  
facilities & gym room.  
905-650-1692  
View on company website  
thru classifiedextra.ca

**ADVERTISE IN CLASSIFIEDS... IT WORKS**  
1-866-541-6757  
classifiedextra.ca

**Must See!**  
2 BDRM avel. now,  
located beside General  
Hospital on Plymouth  
St. 905bms, incl. lin-  
e, 1-800-324-2908 or  
905-929-5022  
2 BDRM Close to  
Lincoln St. Plaza  
Secured entrance,  
\$750/month inclusive  
Aval. immediately! No  
pets. (905)564-8652

2 BDRM APT  
Renovated. Security  
bldg. 1 blk. from dwn.  
with p/g. Call Clon  
905-730-4002

**Apartment Unfurnished**  
A610  
**HOME**  
2 BDRMS. Spacious &  
quiet mature living.  
Balconies laundry,  
security entrance,  
close to Maple park,  
bus & shopping.  
879 CLARE AVE.  
Call 905-736-5748

**ADVERTISE IN CLASSIFIEDS... IT WORKS**  
1-866-541-6757

**BEAUTIFUL RIVERSIDE TERRACE NEAR PURO**  
Historic award win-  
ning 1 and 2 BDRM  
coming available.  
Unique floor plans,  
view of river.  
Trans. service,  
centrally located.  
Call Kim today:  
905-786-3696

**General Employment**  
A800  
**FONTHILL**

**CARRIERS WANTED IMMEDIATELY**  
Route 422  
**MONTGOMERY ROAD**  
For more information call  
Charlene @ 905-732-2414 ext 270

**Apartment Unfurnished**  
A610  
**FISHING FOR THE PERFECT APT?**  
CATCH THIS!  
Fantastic! 1 & 2 bdrm  
apts. Fully equipped w/  
near all amenities,  
wonderful view of  
recreational waterway,  
security entrance,  
bike path & more. One  
look & you'll be hooked  
bush & shopping.  
Call Rob (905)738-3455

**ADVERTISE IN CLASSIFIEDS... IT WORKS**  
1-866-541-6757

**FREE FIRST MONTH RENT**  
www.paranormic  
properties.ca  
You get a lot over  
1,2 & 3 BDRM Starting  
at \$745.00 inclusive  
Quiet, centrally located  
building with large  
clean units & laundry  
facilities on site. Close  
to downtown & shopping.  
905-511-7367 to view

**General Employment**  
A800  
**FONTHILL**

**CARRIERS WANTED IMMEDIATELY**  
Route 422  
**MONTGOMERY ROAD**  
For more information call  
Charlene @ 905-732-2414 ext 270

**Apartment Unfurnished**  
A610  
**Unique**  
One of kind apts.  
created just for you  
by the team at  
Classified Extra. Call  
today to see what we  
can do for you!  
1-866-541-6757

**ADVERTISE IN CLASSIFIEDS... IT WORKS**  
1-866-541-6757

**FREE FIRST MONTH RENT**  
www.paranormic  
properties.ca  
You get a lot over  
1,2 & 3 BDRM Starting  
at \$745.00 inclusive  
Quiet, centrally located  
building with large  
clean units & laundry  
facilities on site. Close  
to downtown & shopping.  
905-511-7367 to view

**General Employment**  
A800  
**FONTHILL**

**CARRIERS WANTED IMMEDIATELY**  
Route 422  
**MONTGOMERY ROAD**  
For more information call  
Charlene @ 905-732-2414 ext 270

**Apartment Unfurnished**  
A610  
**WHERE ELSE?**  
Need to sell that  
snow mobile  
to make room  
for the car in the  
garage?  
if you don't sell it,  
it will SELL!  
Call Classified Extra  
at 1-866-541-6757

**ADVERTISE IN CLASSIFIEDS... IT WORKS**  
1-866-541-6757

**FREE FIRST MONTH RENT**  
www.paranormic  
properties.ca  
You get a lot over  
1,2 & 3 BDRM Starting  
at \$745.00 inclusive  
Quiet, centrally located  
building with large  
clean units & laundry  
facilities on site. Close  
to downtown & shopping.  
905-511-7367 to view

**General Employment**  
A800  
**FONTHILL**

**CARRIERS WANTED IMMEDIATELY**  
Route 422  
**MONTGOMERY ROAD**  
For more information call  
Charlene @ 905-732-2414 ext 270

**Apartment Unfurnished**  
A610  
**WHERE ELSE?**  
Need to sell that  
snow mobile  
to make room  
for the car in the  
garage?  
if you don't sell it,  
it will SELL!  
Call Classified Extra  
at 1-866-541-6757

**ADVERTISE IN CLASSIFIEDS... IT WORKS**  
1-866-541-6757

**FREE FIRST MONTH RENT**  
www.paranormic  
properties.ca  
You get a lot over  
1,2 & 3 BDRM Starting  
at \$745.00 inclusive  
Quiet, centrally located  
building with large  
clean units & laundry  
facilities on site. Close  
to downtown & shopping.  
905-511-7367 to view

**General Employment**  
A800  
**FONTHILL**

**CARRIERS WANTED IMMEDIATELY**  
Route 422  
**MONTGOMERY ROAD**  
For more information call  
Charlene @ 905-732-2414 ext 270

## LET'S MAKE CANCER HISTORY

For information about cancer,  
services or to make a donation

1-888-939-3333 • www.cancer.ca



Canadian  
Cancer  
Society



Société  
canadienne  
du cancer

**Apartments A610**  
**Unfurnished**

**FREE FIRST MONTH RENT**  
www.paranomic.com  
Your search is over

**Port Colborne**  
1, 2 & 3 BDRM Starting at \$745.00 inclusive. Quiet, centrally located building with large clean units & laundry facility on site. Close to downtown & shopping. 905-817-1787 to view.

**KING'S MANOR on Glen Park Dr.** 1 & 2 bdrm avail. \$555 & \$750 incl. Park like setting. Extra storage. No dogs. 905-735-5371

**LARGE 2 BDRM**  
Available March 1st, \$550 (905)732-1886

**Classified Extra**  
1-866-541-6757

**LARGE 2 BDRM.** Clean, quiet building. Security entrance. Laundry facilities. 1st last paid Avail. Immed. Call 805-682-9588. **PORT COLBORNE**

**"ST CATHARINES"**  
1 BDRM unit w/ maintained building. Seniors welcome. No pets \$750 incl. 905-805-0072

**Drivers****K.A.M. TRUCKING INC.**  
**NOW HIRING**

For the following Positions:

**1) CLASS A2 HIGHWAY / LOCAL COMPANY DRIVERS**

- Fair and equitable dispatch, we work in a team environment.
- Trip - 2 to 3 days, paid picks & drops
- Weekends available
- Must be able to cross the border
- \$500 Sign on Bonus

**2) CLASS A or 310T MECHANIC**

- Full time position
- Truck and trailer experience an asset
- Applicants must be willing to work various shifts and hours
- \$500 Sign on Bonus

We offer a competitive wage package with full benefits after 2 months.  
Call Karl 8 am - 5 pm @  
905-685-2420 or fax to 905-899-3499  
or Email karl@kamtrucking.com

**Apartments A610**  
**Unfurnished**

**Must See**

**WELLAND** 1 & 2 br apt. New construction. Laundry, parking. Non-smoking. No pets. \$700 - \$825 + hydro. 289-821-4585

**Resch New Clients**  
**Advertise**  
in Classified Extra  
1-866-541-6757

**Must See**

**WELLAND ON**  
1 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**Commercial/ Office A620**  
**Office Space**

**THE OFFICES**  
AT 80 KING STREET. Offices in historic Welland ready rents from \$400/mo. 905-735-2300

**Classified Extra**  
1-866-541-6757

**Halls/ Wedding Rentals A645**

**WELLAND OPTIMIST**  
x-rms, Bday, Showers, Etc. Up to 50 people. Bill 736-3000.

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**Rooms A660**

**ROOMS, 683 King St.**  
from \$320/month. TV, fridge, microwave. Call today! 905-735-1529

**Classified Extra**  
1-866-541-6757

**Halls/ Wedding Rentals A645**

**WELLAND OPTIMIST**  
x-rms, Bday, Showers, Etc. Up to 50 people. Bill 736-3000.

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**General Employment A800**

**PART TIME**  
Pharmacy Assistant  
Required. Excellent benefits. Flexible hours. Minimum 10 hours per week. Suitable for Student Technicians and/or Recent Graduates.

**Classified Extra**  
1-866-541-6757

**Halls/ Wedding Rentals A645**

**WELLAND OPTIMIST**  
x-rms, Bday, Showers, Etc. Up to 50 people. Bill 736-3000.

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**Person to Person A966**

**ALCOHOLICS ANONYMOUS:** If you want to drink, that's your business. If you want to quit, that's our business. 905-682-2140

**Classified Extra**  
1-866-541-6757

**Halls/ Wedding Rentals A645**

**WELLAND OPTIMIST**  
x-rms, Bday, Showers, Etc. Up to 50 people. Bill 736-3000.

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**Person to Person A966**

**ALCOHOLICS ANONYMOUS:** If you want to drink, that's your business. If you want to quit, that's our business. 905-682-2140

**Classified Extra**  
1-866-541-6757

**Halls/ Wedding Rentals A645**

**WELLAND OPTIMIST**  
x-rms, Bday, Showers, Etc. Up to 50 people. Bill 736-3000.

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**Person to Person A966**

**ALCOHOLICS ANONYMOUS:** If you want to drink, that's your business. If you want to quit, that's our business. 905-682-2140

**Classified Extra**  
1-866-541-6757

**Halls/ Wedding Rentals A645**

**WELLAND OPTIMIST**  
x-rms, Bday, Showers, Etc. Up to 50 people. Bill 736-3000.

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**Person to Person A966**

**ALCOHOLICS ANONYMOUS:** If you want to drink, that's your business. If you want to quit, that's our business. 905-682-2140

**Classified Extra**  
1-866-541-6757

**Halls/ Wedding Rentals A645**

**WELLAND OPTIMIST**  
x-rms, Bday, Showers, Etc. Up to 50 people. Bill 736-3000.

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072



**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

**Classified Extra**  
1-866-541-6757

**Must See**

**HOUSES A680**  
215 CHAFFET ST., 2 BDRM, Large Reno, 1200 sq ft. Call 905-730-5700. No dogs. 8797 or 418-347-8820

**Classified Extra**  
1-866-541-6757

**Apartments A616**  
**East**

2 BDRM. Fridge, stove, \$750 + hydro. 905-834-6108. avail. immed.

**EAST SIDE, 1 bdm apt**  
new carpeting, tile, dining room, welcome. No pets \$750 incl. 905-805-0072

Today, 1 in 5 people  
with diabetes  
survives heart disease.  
Help reverse the trend.  
Visit [classifiedextra.ca](http://classifiedextra.ca)

**Drivers A830****K.A.M. TRUCKING INC.**  
**NOW HIRING**

For the following Positions:

**1) CLASS A2 HIGHWAY / LOCAL COMPANY DRIVERS**

- Fair and equitable dispatch, we work in a team environment.
- Trip - 2 to 3 days, paid picks & drops
- Weekends available
- Must be able to cross the border
- \$500 Sign on Bonus

**2) CLASS A or 310T MECHANIC**

- Full time position
- Truck and trailer experience an asset
- Applicants must be willing to work various shifts and hours
- \$500 Sign on Bonus

We offer a competitive wage package with full benefits after 2 months.  
Call Karl 8 am - 5 pm @  
905-685-2420 or fax to 905-899-3499  
or Email karl@kamtrucking.com

**Must See!**

**3 BDRM TOWNHOUSE**  
1 1/2 bath & skylights eat in kitchen, (fridge/stove) living/dining room, full bathroom, garage, lawn cut, snow plowed, private patio, 905/698 month/heat/paid bills, pet, water, hydro, avail April 1/2012 in Welland, please call Elizabeth 905-714-1320

**Must See!**

**3 BDRM TOWNHOUSE**  
1 1/2 bath & skylights eat in kitchen, (fridge/stove) living/dining room, full bathroom, garage, lawn cut, snow plowed, private patio, 905/698 month/heat/paid bills, pet, water, hydro, avail April 1/2012 in Welland, please call Elizabeth 905-714-1320

**Must See!**

**3 BDRM TOWNHOUSE**  
1 1/2 bath & skylights eat in kitchen, (fridge/stove) living/dining room, full bathroom, garage, lawn cut, snow plowed, private patio, 905/698 month/heat/paid bills, pet, water, hydro, avail April 1/2012 in Welland, please call Elizabeth 905-714-1320

**Must See!**

**3 BDRM TOWNHOUSE**  
1 1/2 bath & skylights eat in kitchen, (fridge/stove) living/dining room, full bathroom, garage, lawn cut, snow plowed, private patio, 905/698 month/heat/paid bills, pet, water, hydro, avail April 1/2012 in Welland, please call Elizabeth 905-714-1320

**Must See!**

**3 BDRM TOWNHOUSE**  
1 1/2 bath & skylights eat in kitchen, (fridge/stove) living/dining room, full bathroom, garage, lawn cut, snow plowed, private patio, 905/698 month/heat/paid bills, pet, water, hydro, avail April 1/2012 in Welland, please call Elizabeth 905-714-1320

**Must See!**

**3 BDRM TOWNHOUSE**  
1 1/2 bath & skylights eat in kitchen, (fridge/stove) living/dining room, full bathroom, garage, lawn cut, snow plowed, private patio, 905/698 month/heat/paid bills, pet, water, hydro, avail April 1/2012 in Welland, please call Elizabeth 905-714-1320

**Must See!**

**3 BDRM TOWNHOUSE**  
1 1/2 bath & skylights eat in kitchen, (fridge/stove) living/dining room, full bathroom, garage, lawn cut, snow plowed, private patio, 905/698 month/heat/paid bills, pet, water, hydro, avail April 1/2012 in Welland, please call Elizabeth 905-714-1320

**Must See!**

**3 BDRM TOWNHOUSE**  
1 1/2 bath & skylights eat in kitchen, (fridge/stove) living/dining room, full bathroom, garage, lawn cut, snow plowed, private patio, 905/698 month/heat/paid bills, pet, water, hydro, avail April 1/2012 in Welland, please call Elizabeth 905-714-1320

**Must See!**

**3 BDRM TOWNHOUSE**  
1 1/2 bath & skylights eat in kitchen, (fridge/stove) living/dining room, full bathroom, garage, lawn cut, snow plowed, private patio, 905/698 month/heat/paid bills, pet, water, hydro, avail April 1/2012 in Welland, please call Elizabeth 905-714-1320

**General Employment A800**

**IMMEDIATE Need!**  
DRIVER WANTED  
Mature individual with good driving record for delivery of medical supplies. Two days per week. Please forward your resume to: jkneave@niegman.com

**Health & Medical A854**

**Opportunity**  
SPACE AVAILABLE at busy Fort St. Massage Clinic for RMT, Esthetician, Massage Therapist. Contact 905-333-1375 for more info.

**Technical/ Trades A870**

**FullTime**  
Day or Evening CNC BRACKETPRESS OPERATOR Needed for Metal Fabricator in Mississauga. Some experience necessary. Competitive Wages - Benefits Package Send Resume to: HR@emburyonyc.com or Fax 905-293-9970

**Health & Medical A854**

**Opportunity**  
SPACE AVAILABLE at busy Fort St. Massage Clinic for RMT, Esthetician, Massage Therapist. Contact 905-333-1375 for more info.

**Technical/ Trades A870**

**FullTime**  
Day or Evening CNC BRACKETPRESS OPERATOR Needed for Metal Fabricator in Mississauga. Some experience necessary. Competitive Wages - Benefits Package Send Resume to: HR@emburyonyc.com or Fax 905-293-9970

**Health & Medical A854**

## AROUND TOWN

## FRIDAY, FEB. 24

**TRIVIA NIGHT**  
**PELHAM NIGHT** Social is pleased to present their First Annual Trivia Night, 7 p.m. Pelham Old Town Hall, 701 Canboro Rd., Ridgeway. \$10 per ticket includes pizza and snacks. Cash Bar, Prizes, Silent Auction, 50/50 draw. Challenge your friends, family, co-workers, or put together a team of 8! Reserve your tickets today! Call Nadine at 905-892-4354 or contact the school for more info.

## SUNDAY, FEB. 26

**WOMEN'S ADDICTION RECOVERY MEDIATION**  
 Luncheon and silent auction. Guest speaker Grace Cirocco, inspirational speaker, 11 a.m. at Club Castriopignano, 1331 Egerton Rd., Port Robinson. \$40 per person or \$350 for table of 10. Tickets available at [www.warmnigeria.org](http://www.warmnigeria.org)

## MONDAY, FEB. 27

**PELHAM HORTICULTURAL SOCIETY**  
 Meeting, 7:30 - 9:30 p.m. at Fonthill Branch, Pelham Library. Please join us to hear Karin Verwer (formerly of Vermeers' Garden Centre) speak about her new career in Using Plants for Wellness through Horticultural Therapy. All welcome. Memberships only \$7. Members please note the change in speakers.

**FREE HEARING CLINIC**  
 Connect Hearing will be at the Fonthill Branch giving free hearing screenings. Free but please make an appointment, 905-892-6068. 10am-1pm at Pelham Library.

**WAINFLEET HISTORICAL SOCIETY**  
 Meeting will take place at 7:30 p.m. on in the Pi Hall, Marshville Heritage Village, Wainfleet. The speaker will be Donna Parr, her

topic is Underground Railroad Quilts. Everyone welcome. Call 905-865-6978 for more information.

## MONDAY, MARCH 12 - FRIDAY, MARCH 16

**MARCH BREAK MONSTER ART CAM!**  
 At In The Orchard, 9am-4pm. For ages four and up. Youth training also available. Painting, sculpture, textile and design. More info at 905-892-1709 or [www.intheorchard.org](http://www.intheorchard.org)

## MONDAY, MARCH 12

**ABRIKIDABRA**  
 Join Peter Mennie for his magical performance of Abrikidabra - a great show with a perfect combination of magic and comedy for all ages. All children must be supervised by an adult who also needs a ticket. 1 p.m. Pelham Area Community Hall, \$4

**MUNSCA-A-MANIA**  
 Love Robert Munsc's stories? Come and celebrate as we read some of the funniest stories ever. Maple Acce Branch, Pelham Library. 10 a.m. \$3

## TUESDAY, MARCH 13

**THE UN-BIRTHDAY PARTY**  
 Come celebrate your un-birthday at the library. Cupcake decorating and party games galore. Wear your wackiest hat for a chance at a prize. Allergy Alert! Program will contain food. Fonthill Branch. 11 a.m. \$4

## WEDNESDAY, MARCH 14

## BAKE AND TAKE



Richard Brown

REAL ESTATE REPRESENTATIVE

837 Niagara St., Unit #2  
 Welland, Ontario

"Selling Throughout Niagara"

Join our very own Jessica Stewart as she creates magnificent morsels for you to try or take. Helpful hints for the young of bakers. Recipes provided. Allergy Alert - food will be provided in this program. (6+ yrs old must have an adult present) Fonthill Branch. 1 p.m. \$4.

## THURSDAY, MARCH 15

**PAPERBAG PRINCESS**  
 Join talented puppeteer Carlo Costello as she performs "The Paperbag Princess". Included is a make-and-take puppet. No supervision required. Fonthill Branch. 1 p.m. \$4.

## FRIDAY, MARCH 16

**CRAZY CRAFTERS**  
 Looking for something to pass your Friday afternoon? Come to the library, check out our craft supplies and make your own one-of-a-kind creation. Open to anyone with adult supervisor. Fonthill Branch. 1-4 p.m. FREE

## Network Classifieds: Advertise Across Ontario or Across the Country!

For more information contact  
 Your local newspaper

WANTED	MORTGAGES	FINANCIAL SERVICES	FOR SALE	BUSINESS OPPS.
WANTED: OLD TUBE AUDIO EQUIPMENT: 40 years or older. Ampex, Shure, Reo, Recording and Synthesizer. Equipment, Hi-Fi, Stereo, etc. Any condition, no fee. Send to: <a href="mailto:info@wantedclassifieds.com">info@wantedclassifieds.com</a> or call 1-800-847-0393 (915) 585-2187.	AS SEEN ON TV - 1st and 2nd Home Equity Loans, Best Credit, Self-Employed, Bankruptcy, Foreclosure, Power of Sale or need to Re-Finance? Let us fight for you because "We're in your Corner." Call The Refinancing Specialists 1-800-TWO FREE 1-877-324-0244 (24 hours) or click <a href="http://www.mortgagecan.com">www.mortgagecan.com</a> (L/C #1049).	HI TOY TOOLS (If Preapproved), by Positive Promotions, ATVA 2.5%, Showrooms 2.5%, R's 6.6%, MasterCard 5.49%, Amazonline 5.99%, cash. All FINANCING SECURED before you shop. 1-877-678-3332. <a href="http://www.positivepromotions.com">www.positivepromotions.com</a>	#1 HIGH SPEED INTERNET \$28.95 Month! Absolutely no post. Includes Unlimited Downloading, Up to 5Mbps Download and 10Mbps Upload ORDER TODAY! <a href="http://www.4net.ca">www.4net.ca</a> or CALL 1-877-568-5233	HOME BASED BUSINESS. Established franchise network, serving the legal profession, serves self-employed individuals. No up-front fees, Exclusive territory, Complete Training, Ongoing Operational Consulting Support. <a href="http://www.lawfirm.com">www.lawfirm.com</a>
FINANCING WANTED FOR APRIL 21ST AUCTION: 100% financing, 14% interest, 12 months term, 10% down, 10% cash. Registered / Unregistered Investors. Contact: <a href="mailto:info@wantedclassifieds.com">info@wantedclassifieds.com</a> or call 1-800-847-0393 (915) 585-2187.	1st and 2nd MORTGAGES from 2.95% - 3.19% 1% YR FIXED. All Credit Types Considered. Let us help you SAVE thousands on the first mortgage! Ask Dr. Financing, Debt Consolidation, Home Refinancing, Call 1-800-224-1177, <a href="http://www.homeandpersonal.com">www.homeandpersonal.com</a> (L/C #1049).	\$32 MONEY 360 FOR ANY PURPOSE? WE CAN HELP! Decreasing payments by 70% 1st, 2nd & 3rd Mortgage. Credit Lines, Best Cash, or mortgage renewal. Call 1-888-304-7788. <a href="http://www.ottawawebfinance.com">www.ottawawebfinance.com</a>	1000 ISLAND AIRPORTS - Travel on time, travel in heated comfort, 4 months to choose from. Temp. Canada's certified. Most info at <a href="http://www.1000islandairports.com">www.1000islandairports.com</a> 1-866-1486-1486 (1-866-247-2638).	BE YOUR OWN BOSS with Great Canadian Dollar Store. Franchise opportunities now available. Call today for details 1-877-386-1228 ext. 228 or visit our website <a href="http://www.dollarsstore.com">www.dollarsstore.com</a>
COMING EVENTS	1st and 2nd MORTGAGES, 1st to 3rd, Home Refinancing, Debt Consolidation, Home Refinancing, Call 1-800-224-1177, <a href="http://www.homeandpersonal.com">www.homeandpersonal.com</a> (L/C #1049).	BROKE CREDIT? REPAIRING A BANKRUPTCY? FINANCING A PROPOSAL? BEGIN your credit with ease. We'll help you get your credit back on track with paid off debt. LOWEST COST! BAD CREDIT LOANS IN 48 HOURS! 844-144-1444. <a href="http://www.creditrecovery.com">www.creditrecovery.com</a>	Save Millions in Stock market with this FREE live! <a href="http://www.1000islandairports.com">www.1000islandairports.com</a> 1-866-1486-1486 (1-866-247-2638).	EMPLOYMENT OPPS.
PRINCE OF GEORGES - HISTORY TELEVISION'S Hit event series is back and we want to see your hidden gems. Bring your photos to receive a Free Appraisal and the opportunity to sell your treasure for cash on the spot. Apply now at <a href="http://www.pwgshow.com">www.pwgshow.com</a> or contact us at 847-930-9303 & <a href="mailto:info@pwgshow.com">info@pwgshow.com</a>	LEGAL SERVICES	Money/Property, \$500 Loans and No Credit Refused. Easy, 100% Success. 1-877-775-1980.	ARE YOU READY to be in the lead don't leave to find it! Let MISTY RIVER INTRODUCTIONS CALL TODAY! (416) 771-0372, (705) 724-1292. <a href="http://www.mistyriver.com">www.mistyriver.com</a>	WESTERN - We are looking for HEAVY EQUIPMENT TECHNICIANS in Alberta, Saskatchewan and N.W.T. Join us today as an Apprentice or Mechanic. High Earnings, Excellent Training, Apprentices can gain a mile without increasing the high cost of being a student. High performance, tuition, textbooks, benefits & more! We Offer Competitive wages & benefits. Matching RRSP program & scholarship for children of employees. Apply at <a href="http://www.westcan.ca">www.westcan.ca</a> or JOIN OUR TEAM.
FOR RENT	REAL ESTATE	STEEL BUILDINGS	PERSONALS	SERVICE MANAGER - Hanna Chrysler Ltd. Mechanics / Washers. A perfect family environment. Strong team, competitive wages, benefits, growth potential. Fax: 905-554-2435. Email: <a href="mailto:chrysler@hanna.com">chrysler@hanna.com</a>
Place office space for lease in Burlington, close to Gush Lake and Huronville Road 3.153 square feet. Terrific office available on first floor of two story office building. Call: 905-678-8722. <a href="mailto:info@wantedclassifieds.com">info@wantedclassifieds.com</a>	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	TRUE ADVICE: True clarity. True Psychology 1-877-342-3000 or 1-800-532-6256 or message #9593 (1-811) 531-5511. <a href="http://www.truepsychology.com">www.truepsychology.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email: <a href="mailto:info@woboc.com">info@woboc.com</a>
DRIVERS WANTED	REAL ESTATE	STEEL BUILDINGS FOR ALL USES! Spring Clear Make an offer or sell off models at factory and home discounts! NOW! Call for FREE Brochure 1-800-664-5111 ext. 170.	DATING SERVICE - Long-term/short-term relationships here to try. Meet 300+ sexy, tall, with single ladies. Call 1-877-837-9933. Text: 1-877-837-9933. <a href="http://www.dating.com">www.dating.com</a>	MERCED CREDIT - division of Sun Microsystems. Fully Finance Heat/Cooling! Journeyman/Technician. 15 unit Goss Community. Competitive rates and benefits. Email:

# The Healthy Cupboard

**NOW AVAILABLE!**  
For Better Sexual Health

Nitric oxide, or more simply **NO**, is arguably the most important molecule your body produces. Unfortunately very few people know what it is or what it does for our body. **NO** is the molecule produced by the cells that line your blood vessels that control blood pressure, plaque formation and inflammation. It is also produced in your brain to act as a neurotransmitter and by your immune system to help fight off infections. The science of **NO** is relatively new, but it's importance was almost immediately recognized. In 1998 three U.S. scientists were awarded the Nobel Prize in Medicine or Physiology for their discovery of **NO**. Dr. Valentin Fuster, then president of the American Heart Association, noted in a 1998 interview that "the discovery of **NO** and its function is one of the most important in the history of cardiovascular medicine."

The lack of **NO** greatly affects our body, and when we lose the ability to generate sufficient amounts of **NO**, this sets the stage for a number of different disease processes. As we age, we become **NO** insufficient and scientists believe this is the earliest sign of progression of many diseases including cardiovascular disease, the number one killer of men and women in North America. Unfortunately, until recently there was really no way to know if you were **NO** insufficient because there were no diagnostics for doctors to test their patients. Furthermore there was no real solution to restoring **NO** homeostasis. Backed by over 10 years of research and testing, Neagenis Labs has developed the first and only nitric oxide test strip to test **NO** availability and also the first clinically proven technology for restoring **NO** homeostasis in patients over 40 years old. Neo40 is an all natural dietary supplement that has been shown in a double blinded placebo controlled clinical study to restore nitric oxide and reduce cardiovascular risks. The results of the trial showed that taking Neo40 for 30 days led to restoration of **NO**, 27% reduction in triglycerides, modest reduction in blood pressure and C-reactive protein (a marker of inflammation). Most notable effects of Neo40 in patients were an increase in energy, better mental acuity and focus, more endurance and better performance when exercising and better sexual health.

**NEW WEBSITE!**

**PORT COLBORNE 101 CLARENCE STREET**

(Across from Food Basics)

905 835.9806

**FONTHILL 111 HIGHWAY #20 EAST**

(Across from Sobey's)

905 892.9054

**Tanya and Ian Birrell**  
Owners of The Healthy Cupboard

## Introducing NEO 40 Daily "Increase Your Nitric-Oxide"

### Have you had your Nitric Oxide level tested?

### Neogenis® Test Strips

The first and only  
**Instant-read**  
**saliva test**  
for Nitric Oxide level.

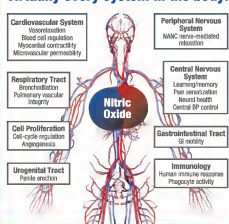
**Get Tested Today!**



Nitric Oxide is one of the most important naturally occurring molecules in the body, responsible for maintaining healthy blood pressure and optimal circulation.

- Nitric Oxide **optimizes circulation.\***
- More blood flow means **better brain function** and better attention.\*
- More blood flow means **better oxygen transfer** and more energy.\*
- Nitric Oxide also has important properties in the immune system as well as in the nervous system where it helps our **brain cells communicate properly.\***

**Nitric Oxide is critical for virtually every system in the body.**



Ask About... **Neo40® Daily**



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**"The discovery of Nitric Oxide and its function is one of the most important in the history of cardiovascular medicine."**

— President of The American Heart Association, quoted in The New York Times

**www.healthycupboard.ca**

**TWO LOCATIONS!**

**PORT COLBORNE 101 CLARENCE STREET**

(Across from Food Basics)

905 835.9806

**FONTHILL 111 HIGHWAY #20 EAST**

(Across from Sobey's)

905 892.9054

**healthycupboard@gmail.com**